



VSM COLLEGE

(Autonomous)

Re-accredited by NAAC, Recognised under 2(F) & 12(B) of UGC, Certified by ISO 9001:2015
(Affiliated to Adikavi Nannaya University, Rajamahendravaram)

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Estd. 1966

RAMACHANDRAPURAM
Pin : 533255, E.G.Dt, (A.P)

Life Skills (Yoga, Physical Fitness, Health and Hygiene)

Name of the capability enhancement program	Date of implementation	Number of students enrolled	Relevant Document
Yoga and Meditation			
Yoga and Meditation	21-06-2015	150	View Document
Yoga and Meditation	21-06-2016	61	View Document
Yoga and Meditation	21-06-2017	150	View Document
Yoga and Meditation	21-06-2018	170	View Document
Yoga and Meditation	21-06-2019	140	View Document
Physical Fitness			
Blood Donation Camp	15-12-2018	45	View Document
Blood Donation Camp	19-12-2019	49	View Document
Blood Group Screening	12-12-2017	45	View Document
Blood Group Screening	12-09-2019	546	View Document
Medical camp	14-12-2018	35	View Document
Health check programme	11-12-2019	35	View Document
Health and Hygiene	19-12-2019	50	View Document
Health and Hygiene	20-08-2018	29	View Document
Kalaripattu	21-07-2019	50	View Document
Eye camp	20-11-2019	36	View Document